



Corrections **FAST FACTS**

Most inmates eventually return to the community after their sentence. The best way to protect society is to make sure they have the skills to cope and succeed.

A Day in the Life of an Inmate

Daily Routine

06:45
Inmates are counted – must be up and dressed

07:00
Breakfast

08:00
Go to program, work or back to the cell

11:45
Return to cell for inmate count and lunch

13:00
Go to the program, work or back to the cell

16:30
Return to the cell for inmate count and then supper

18:00
Go to recreation, cultural events, self-help groups

22:30
Night inmate count

23:00
Lock-up

Canada's federal correctional system contributes to a just, peaceful and safe society by carrying out sentences of the court and rehabilitating inmates in order to help them reintegrate into the community as law-abiding citizens.

Almost all inmates will be released from custody eventually. The best way to protect society is through the safe, gradual, and structured return of offenders to the community.

Correctional Plan

Helping inmates prepare for life after prison starts in the very first days of their sentence. Professionals assess inmates to determine problems that need to be addressed, such as substance abuse or family violence. This information is used to develop a Correctional Plan.

All inmates have a Correctional Plan that outlines the programs and activities that will help in their rehabilitation. How well they follow their plan will impact on whether or not they are granted parole or conditional release.

Daily Routine

Inmates are expected to participate in programs, work, or study for six hours every weekday. By participating in programs and working they earn between \$5.25 and \$6.90 per day.

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Some programs help inmates to live without violence, to be better parents, and to manage anger and other emotions. Other programs help prevent alcohol and substance abuse.

Treatment programs are also available for sex offenders. With all of these programs, the goal is to protect society by helping offenders move away from the way of life that got them in trouble in the first place.

A Place for Working and Learning

Inmates also learn and gain skills so that once they are in the community, they will have what it takes to get a job, stay employed, and manage their money and leisure time effectively.

For example, CORCAN is a program that trains about 4,000 inmates each year. They learn skills related to agribusiness, textiles, manufacturing, construction and services. Other inmates work in kitchen, cleaning, or in clerical work. During their leisure time inmates are encouraged to take part in sports, arts and crafts, personal development programs, religious activities and ethno-cultural events.

Targeted Efforts

There are special programs to address certain problems. For example, programs help women gain practical living skills, avoid substance abuse and violence, and strengthen their literacy skills. An innovative mother-child program is also offered.

Special programs have also been created to help Aboriginal inmates. These focus on parenting, substance abuse, Aboriginal spirituality, education and training. Aboriginal communities help deliver these programs.

Canada's penitentiaries provide programs and training to prepare inmates for life after prison.

Programs help inmates to live without violence, to be better parents, and to manage anger and other emotions.

Inmates gain employment skills so that once they are in the community, they will have what it takes to get – and keep – a job.

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